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AUTHOR Schilling, Mary Lou, Ed.
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ABSTRACT

Means of adapting some familiar and popular physical activities for multiply impaired persons are described. Games reviewed are dice baseball, one base baseball, in-house bowling, wheelchair bowling, ramp bowling, swing-ball bowling, table tennis, shuffleboard, beanbag bingo and tic-tac-toe, balloon basketball, circle football, and wheelchair square dancing. Directions and diagrams are provided. (LP)

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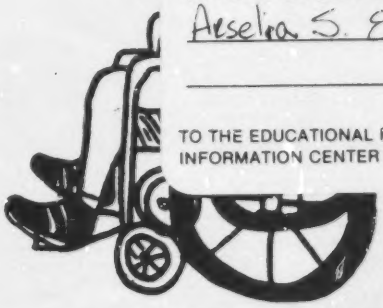
Arselia S. Ensign, Editor
PAM Assistance Centre
601 W. Maple Street
Lansing, MI 48906

Clients are often referred to the PAM Centre when obvious sources fail, so we in turn may be challenged to reach out to others for assistance.

We asked one of our friends, Mary Lou Schilling, T.R.S., of Central Michigan University, to give a client some suggestions for recreation for severely handicapped young adults. She was so helpful that we again prevailed upon her to be our Guest Editor for a REPEATER, and here it is. Mary Lou describes means of adapting some familiar and popular physical activities suitable for both children and adults in a small group setting. Her illustrator was Shirley M. Brauker, M.A.

You may remember our other REPEATERS by Mrs. Schilling: #8, "Winter Fun--Indoors and Out (Homemade Alternatives to Adaptive Recreational Equipment)"; #11, "Things to Make or Buy for Young Children"; and #15, "Adaptive Recreational Equipment". Copies of this brochure are available from the PAM CENTRE at $2, prepaid.

FAMILIAR SPORTS AND ACTIVITIES ADAPTED FOR MULTIPLY IMPAIRED PERSONS



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Tina Johann, Program Coordinator, Special Recreation Services, Mt. Pleasant Parks & Recreation, Mt. Pleasant, MI., "Wheelchair Square Dance".

Delta Sigma Omicron, Sponsors of the Gizz Kids Wheelchair Squaredancers, "Wheelchair Square Dancing".

EC 165-167

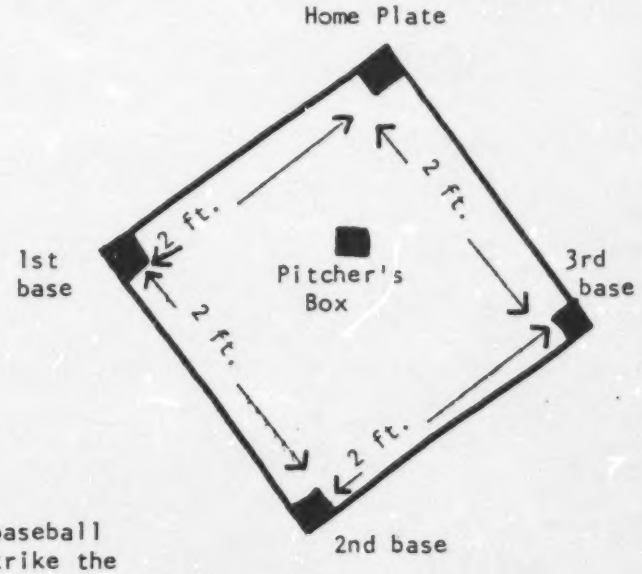
Dice Baseball: For those that are severely physically involved - dice baseball can be an excellent alternative to regular softball as it changes this active sport into a table top game. Dice baseball is played with a minimum of six (6) players, three (3) players on each team. Using chalk or masking tape create a small playing field on the floor (see diagram below). After selecting team captains; team names, making paper mache' team players and arranging your players on your new mini-field you're ready to play the game. Each participant sits around the playing field; the first batter on the offensive team rolls one die and moves his player in accordance to the following rules or scoring system:

If participant rolls a:
1 he/she moves to First Base
2 he/she moves to Second Base
3 he/she moves to Third Base
4 Home Run!!!
5 Player Fly's Out
6 Player Strikes Out

The game continues as in regular softball/baseball. Remember...lightweight dice can be made from large pieces of foam so that even those that lack the ability to grasp or the control to shake dice can independently hit/strike a foam die off the wheelchair arm rest or off their lap.

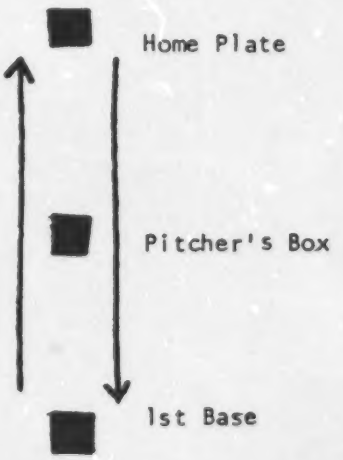
Offensive Team (paper Mache' players)

Defensive Team (paper Mache' players) placed in appropriate spaces in outfield.



One Base Baseball:

One base baseball is more active than dice baseball in that it requires the offensive team to strike the ball. However, it differs from regular baseball in that the playing field includes homeplate and first base which is positioned directly behind the pitcher's box (see diagram). After hitting the ball the batter must run/wheel/or be pushed to first base and back to home plate to score a run. Many other modifications can be made to this game (or regular softball) to allow for a more successful experience, listed below are a few of the possibilities:



a. eliminate the pitcher and use a batting tee.
b. use wiffle ball and bat.
c. roll large (9") nerf ball to batter who strikes it with a plastic bat.
d. roll 9" playground ball to batter who strikes it with his hand/fist.
e. for visually impaired, bounce a 9" playground ball to batter.
f. eliminate pitcher and allow batter to hold ball, throw it in the air, and swing.
g. eliminate pitcher and allow batter to bounce and strike a 9" playground ball.
h. be creative...make your own adaptations based on the special needs of your participants!

In-House Bowling: Plastic, portable bowling ball sets can be inexpensively purchased at local department stores. Using chalk or tape simulate a bowling lane in a hallway or on the floor of an activity room. Those that are severely physically limited (i.e. those with Athetois or Rigidity, C.P.) could be placed on a developmental scooter/mobile mat/automobile creeper, so that you get them in a position where they can simply push (with even one extended finger) the plastic ball toward the pins. Other variations that could be made are:

a. simplify scoring
b. use only 3 pins
c. allow participants to Kick vs. Throw the ball
d. shorten the distance of the lane

Wheelchair Bowling: If you are able to utilize your local bowling lanes, wheelchair bowling can be extremely fun and will assist in the development of physical strength and endurance. Wheelchair bowling is adapted in the following manner:

a. eliminate the four step approach
b. wheelchair users are positioned so that the footrests are approximately four (4) inches behind the foul line
c. the wheelchair bowler leans over his chair to permit a free arm swing while delivering the ball (a relaxed pendulum swing should be encouraged)
d. an arm rest could be removed or a seat cushion should be used so the bowler can freely swing his arm when delivering the ball.

Ramp Bowling: Ramp bowling is very popular for persons who lack sufficient upper body strength, endurance and control to independently deliver the ball. Ramp bowling should never be used to eliminate the skill involved in bowling. There are two (2) basic techniques utilized when instructing participants on the proper use of the bowling ramp; these are:

a. The Spin-Off Method: instruct participant to place ball on the ramp and with palm directly behind ball (fingers extended) spin the ball as he/she simultaneously pushes the ball off the ramp. A spin toward the body causes the ball to curve towards the right of the head pin; a spin away from the body causes the ball to curve toward the left of the head pin (Brooklyn).

   *NOTE: If the ball has finger holes it is extremely important that when placing the ball on the ramp the participant places the thumb hole down directly above the rear center of the bowling frame.

b. The Hole-Weight Method: the participant uses a ball with finger holes. The thumb hole is placed directly above the rear center of the bowling frame. For a straight ball the 2 finger holes are placed directly above the thumb hole. To create a curve to the right slightly tilt the finger holes to the right. To create a curve to the left slightly tilt the finger holes to the left. The participant pushes the ball of the ramp with his palm (fingers extended). The ball is always pushed directly forward - never instruct a participant to spin the ball when attempting this method of delivery.
(The two methods presented were created by Mr. James Szymanski, Adaptive Physical Education Teacher, Gratiot-Isabella Intermediate School District)

c. Other tips for the ramp bowler:
1. Place ramp 2 to 4 inches behind the foul line in the center of the lane - never angle the ramp.
2. Place a weight on the base of the frame. This will eliminate any possibility of the ramp "hopping" when the ball leaves the ramp.

Swing - Ball Bowling: To play this modified version of bowling you'll need a tether-ball stand or a pole from which a ball is attached on a long rope so that the ball almost touches the floor/ground. You'll also need a set of lightweight bowling pins which you will set up near the pole (see diagram below). Participants position themselves opposite the pins and swing the ball toward the pins in a circular path. Points are scored by adding the number of pins knocked down.

(diagram taken from: Cratty, Bryant J. and Breen, James E. Educational Games for Physically Handicapped Children.)

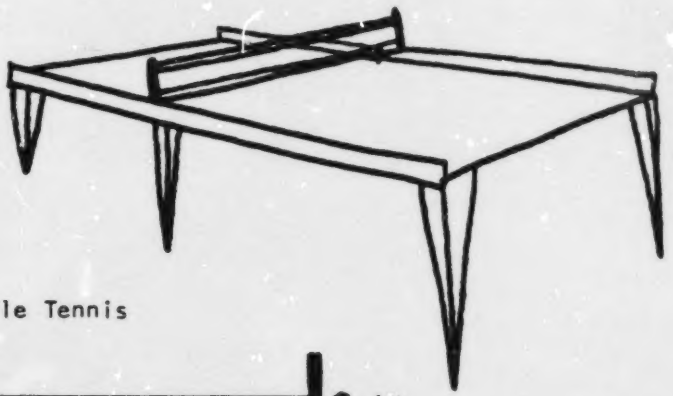
Surface Table Tennis: This can be a great game for those that are severely physically involved or for those with visual deficits. It encourages the development of racket control, eye-hand coordination, improved reaction time and smooth muscular coordination. The object of the game is to hit (roll or bounce) a regular table tennis ball through an open space in a modified net so that it cannot be returned by the opponent. The adapted net can easily be made using the same suspension devices which a regular table tennis net is secured (see diagram below). The game ends when one player scores 15 points. Points are earned in the following manner:

a. if opponent hits the ball over the net 1 point is earned,
b. 1 point is earned if opponent hits the ball into the string so that it fails to go into the opposite side of the court,
c. 1 point is earned if the opponent hits the ball twice in succession, and
d. 1 point is earned if a player purposely makes no attempt to hit the ball.

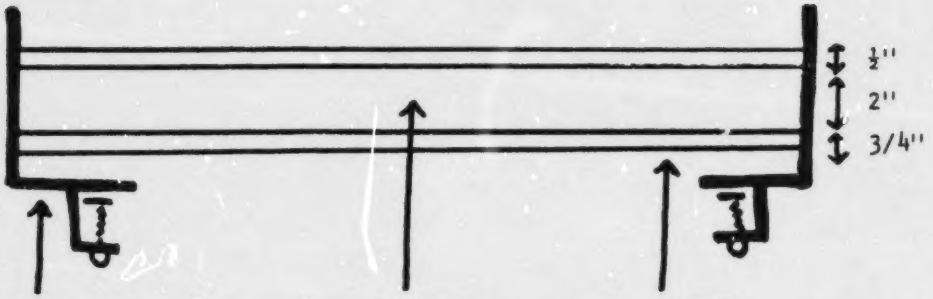
Regular table tennis paddles can be used by clients and they should be encouraged to initially keep the paddle on the table surface, as this will allow for better racket control. Other modifications which could be made include:

a. the use of a no handle baddle or
b. allowing participants to initially hit the ball with their hand.

Table for Surface Table Tennis



Net for Surface Table Tennis



Sportcraft Official Standards

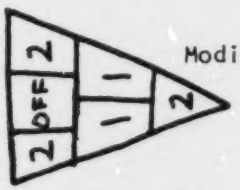
Open space through which ball must be hit

String or cord

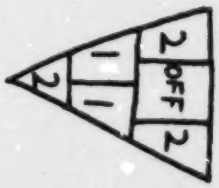
(diagrams taken from: Adams, Konald C., Daniel, Alfred N., McCubbin, Jeffrey A. and Rullman, Lee, Games, Sports and Exercises for the Physically Handicapped, Third Edition).

Shuffleboard: Shuffleboard is another great game for the multihandicapped. It encourages the development of upper body strength and condition, eye-hand co-ordination, racket/stick control (as it is an extension of self) and an erect head (as does any target game). Few adaptations to the game are really necessary, however, listed below are some possibilities based on specific needs of participatns:

a. shorten the distance of the court,
b. allow wheelchair users to hold the stick between his/her legs or to the side of his chair with either one or both hands (whatever works and whatever he's comfortable with),
c. secure participants hand to the stick (using either a velcro strap or glove that's secured to the stick) so that he doesn't loose the stick when he fully extends his arm pushing disc toward target,
d. powder the floor under the disc to eliminate the strength needed to push the disc toward the target,
e. modify the scoring and target face (see diagrams below)
f. build a short ramp with side rails to assist those with poor upper body strength and visual tracking skills. (see diagram below)



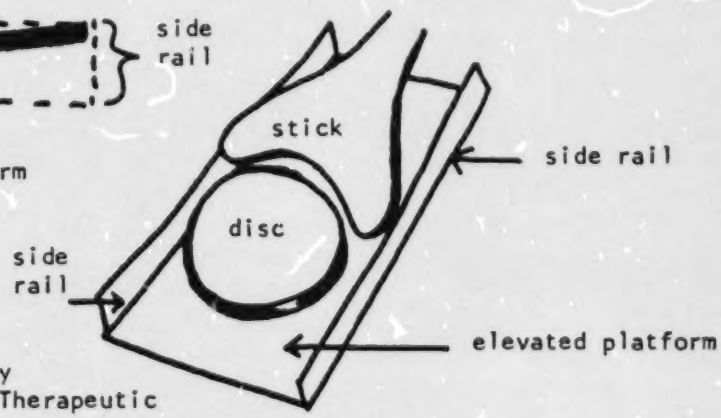
Modified Shuffleboard Targets



A ramp of this nature eliminates much of the complex tasks associated with this game in that:

1. the elevation of the ramp eliminates much of the power needed to push the disc toward the target,
2. the side rails allow the participant to maintain eye-contact with the target verses worry about keeping the stick directly behind the disc, and
3. the side rails also allow for a smoother push in that they automatically keep the stick and disc together and on a straight path to the target

(side view)



(front view)

(the above ramp designed by Steve Tikkanen, Student, Therapeutic Recreation, Summer 1980)

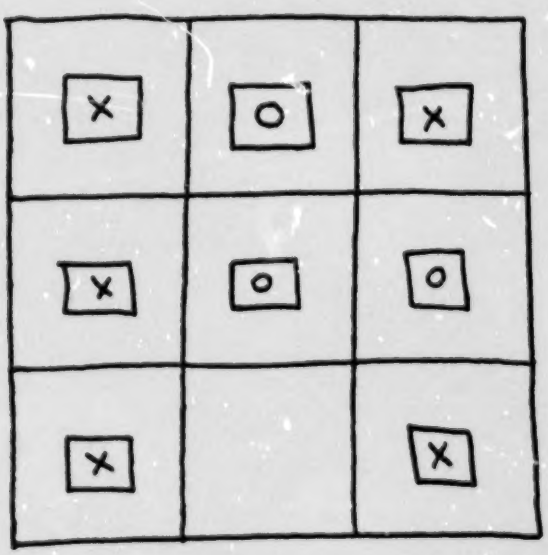
g. eliminate the shuffleboard discs & sticks and allow participants to throw beanbags toward the target!

Beanbag Bingo: The great game of bingo will live on and on but lets make it just a little bit more exciting!! Turn a large poster board into a Bingo Card (see diagram below). Participants, divided into teams, sit around the board and throw beanbags at the large Bingo Card attempting to get five squares in a row. When a player covers a square a counter is placed over it to identify which team currently possesses that square. Counters should be of 2 different colors to discriminate which spaces have been covered by each player or team. Other adaptations which could be made include: using pictures instead of numbers on the card, make the 5 vertical spaces under each letter the same color (i.e. all 5 squares under 'B' are Blue, all 5 squares under 'G' are Green, all 5 squares under 'I' are Red, etc) or make the 5 vertical spaces under each letter the same shape (i.e. all 5 squares under 'B' are squares, all 5 squares under 'O' are circles, etc.).

B	I	N	G	O
6	23	33	47	73
1	17	31	51	75
13	21	FREE	55	61
3	25	45	60	69
15	18	43	59	62

Beanbag Bingo

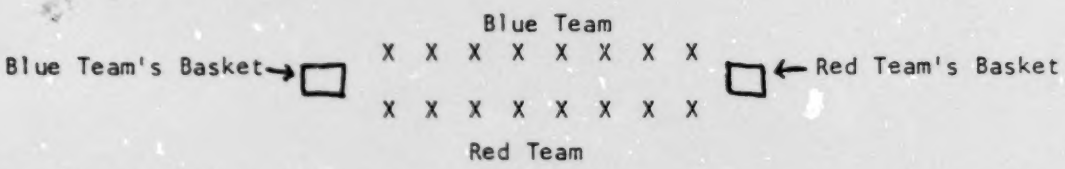
Beanbag Tic-Tac-Toe: Draw a tic-tac-toe board on a large piece of poster board. Two players compete by throwing beanbags at the squares attempting to get three in a row. If a beanbag lands on a square an 'X' or 'O' marker is placed on that square. The game continues as in regular tic-tac-toe. A variation of this game could be played by allowing the participants to take an opponent's square by landing on his/her square. This can also be played with teams, one team being the 'X' team and the other being the 'O' team.



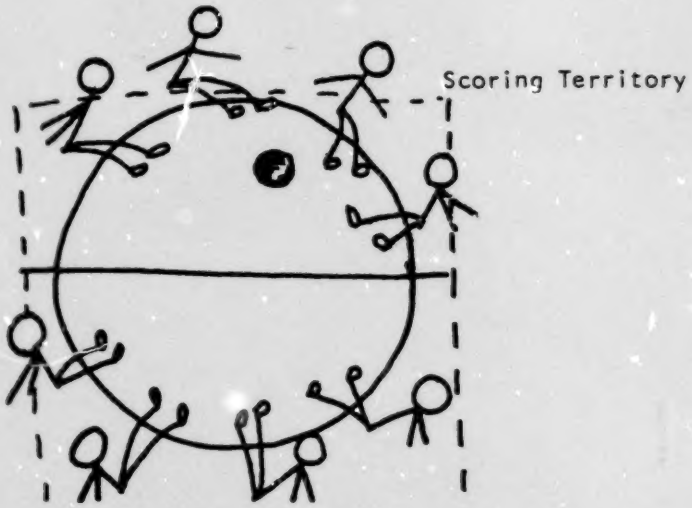
'X' Wins!

Tic-Tac-Toe

Balloon Basketball: This modified version of basketball is played with a minimum of six (6) players but many more can be added. Divide players into teams, each team lines up, in their chairs, facing one another. One member of each team is selected to be the basket; this person sits at the end of the two lines with their arms up forming a circle or 'basket' (see diagram below). A balloon is tossed up in the center of the two lines and players attempt to strike the balloon down the line toward their basket. A point is scored when players hit the balloon through their basket.



Circle Football: To play this modified version of football you'll need to draw a large circle (with chalk or tape) on the floor. Now, with the same method draw a line across the center of the circle. Participants sit around the outside of the circle. All participants are encouraged to get out of their chairs and sit on the floor. Those participants needing back support could use the assistance of a floor sitter, another person or the new video chairs that allow a person to sit on the floor with legs extended. Participants sit with their feet toward the center of the circle and with feet slightly overlapping the circle (see diagram below). Divide players into teams. The object is to kick a 14" playground ball into the opposing teams area. The opposing team must prevent the ball from crossing the outer line of the circle...if they do not, a point is scored. Remember, all participants (defensive or offensive) use only their feet to maneuver the ball.



Wheelchair Square Dancing: Wheelchair squaredancing is great fun and an activity everyone should try!! Wheelchair users are encouraged to maneuver their own chair but if they're not able an ambulatory client or volunteer can push the participant through this structured dance routine. One dance (the Virginia Reel) will be described so that the reader becomes familiar with general adaptations made to allow wheelchair users to participate. Be creative...make your own modifications to various dance calls!

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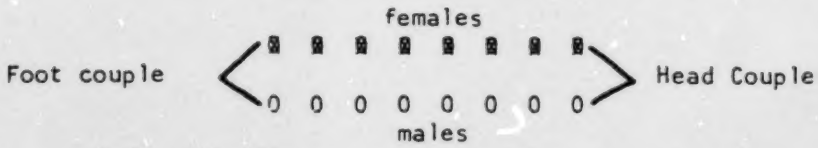
THE VIRGINIA REEL

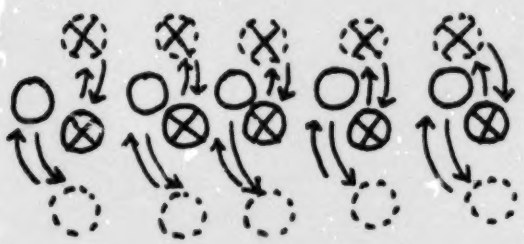
Initial formation: a line dance (or contra)



Calls & Routines:

Call # 1: "Bow to Your Partner" (pushers move wheelchairs to the center of the formation and participants bow to one another, pushers pull wheelchairs back to initial formation)

Call # 2: "Right Hand Over and Right Hand Back" (pushers move wheelchairs on a 45° angle to the center of the formation so that participants' right wheels are almost touching, participants shake with their right hands, pushers pull wheelchairs back to initial formation...(see diagram below).



Move wheelchairs so that right shoulders are together, stop, shake, and return.

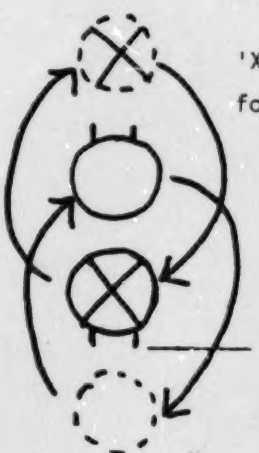
Call # 3: "Left hand over and left hand back". (same as call # 2 - but pushers move chairs so that participants' left shoulders are together)

Call # 4: "Both hands over and both hands back". (same as call # 2 in that pushers move chairs so that participants' right shoulders are together, but, now participants shake/touch both hands)

Call # 5: "Do-si-do your partner" (pushers move wheelchairs on a 45° angle to the center of the formation crossing right shoulders of partner and moving beyond partner so that each are back to back, now pusher pulls participant back to original formation... (see diagram below).

'X' pulled back to original formation

'X' pushed forward



"DO-Si-Do your partner"

Mary Lou is an instructor in Therapeutic Recreation within the Department of Recreation and Park Administration at Central Michigan University. Her new baby girl came to keep Patrick company just shortly before she sent this document on to us. With such dedicated friends PAM cannot fail! Thanks, Mary Lou and Shirley.

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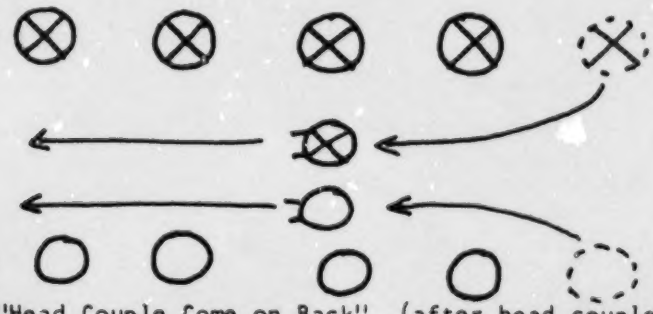
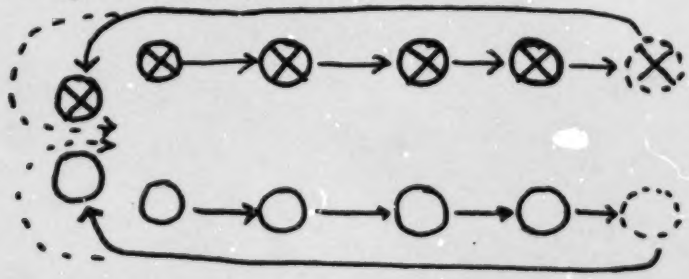
Call # 6: "Head Couple Sashay Down" (head couple, together, are pushed down the center of the two lines...(see diagram below).



Call # 7: "Head Couple Come on Back" (after head couple pass the foot couple they turn around and move back down the center of the two lines moving toward original position)

Call # 8: "Cast off to build your bridge" (head couple, now at their original position turn outward and are pushed around the outside of the two lines, all others in each line follow, when the head couple passes the foot couples original position they form a bridge in which all others pass under; if participant is unable to form bridge the pushers join hands forming a bridge while the participant sits to his right... see diagram below).



Head couple move around the two lines, form a Bridge, and all others follow and go under bridge.

Now you have a new head couple (previous head couple becomes the foot couple). Repeat the dance until all have had a chance to be the head couple!